



# SUICIDE PREVENTION



## FACT

In 2014-2016, there were 41 suicides in Sandy City.

Utah ranks 5th in the nation for suicides.

Suicide is the leading cause of death for Utahns ages 10-17 (2015)



# WARNING SIGNS & RISK

## TIPS

### KNOW THE WARNING SIGNS:

- Suicidal Ideation: thinking, talking, or writing about suicide, planning for suicide.
- Substance abuse
- No reason for living; no sense of purpose in life
- Anxiety, agitation, unable to sleep or sleeping all the time
- Feeling trapped – like there's no way out
- Hopelessness
- Withdrawal from friends, family and society
- Rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Dramatic mood changes
- Giving belongings away; quitting a job

### HOW TO HELP SOMEONE WHO MAY BE AT RISK:

- If you recognize any warning signs – ASK THEM!
- Take immediate action. Do not leave them alone.
- Call the Suicide Prevention Lifeline 0 800-273-TALK (8255) or call 911
- Take the person to the emergency room or seek help from a mental health professional
- Listen and tell them there is hope. Be willing to listen and talk to them about their thoughts.



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## RESOURCES

### **NATIONAL SUICIDE PREVENTION LIFELINE**

Call (available 24/7): 1-800-273-8255

Chat: [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

### **CRISIS LINE & MOBILE OUTREACH TEAM**

Call: 801-587-3000

### **CRISIS TEXT LINE: FREE-24/7-CONFIDENTIAL**

Text CONNECT to 741741

### **QUIT TRIP'N - DAVID KOZ**

ESPN Sports Radio, 7:00am

Helping teens with bullying and depression

Call in #: 877-353-0700

### **CANYONS SCHOOL DISTRICT**

Canyons Family Center: The Canyons Family Center provides a spectrum of individual and family-based counseling, student-support groups and parent-education classes

Housed at Copperview Elementary School, 8449 S. 150 W., Midvale, Utah

Office Hours: Mon - 10am - 3pm, Tues - 2pm - 9 pm

Wed - 2pm - 9pm, Thurs - 2 pm - 6pm

To make an appointment or register for classes, call 801-826-8190

### **SOUTH SANDY CLINIC - FAMILY MEDICINE - MENTAL HEALTH**

955 E 11400 S | Sandy, UT 84094 | 801-571-0030

### **PSYCHIATRY AND COUNSELING SERVICE - UNION PARK**

1225 E Fort Union Blvd Ste 215 | Midvale, UT 84047 | 801-233-4200

### **SALT LAKE COUNTY HEALTH DEPARTMENT**

Crisis Information & Outreach | 800.697.3811

Valley Behavioral Health - Let us help

888-949-4864 (Se habla Español)

A list of facilities specializing in treatment of suicidal impulses can be found here:

[www.valleycares.com/portfolio/suicidal-impulses](http://www.valleycares.com/portfolio/suicidal-impulses)